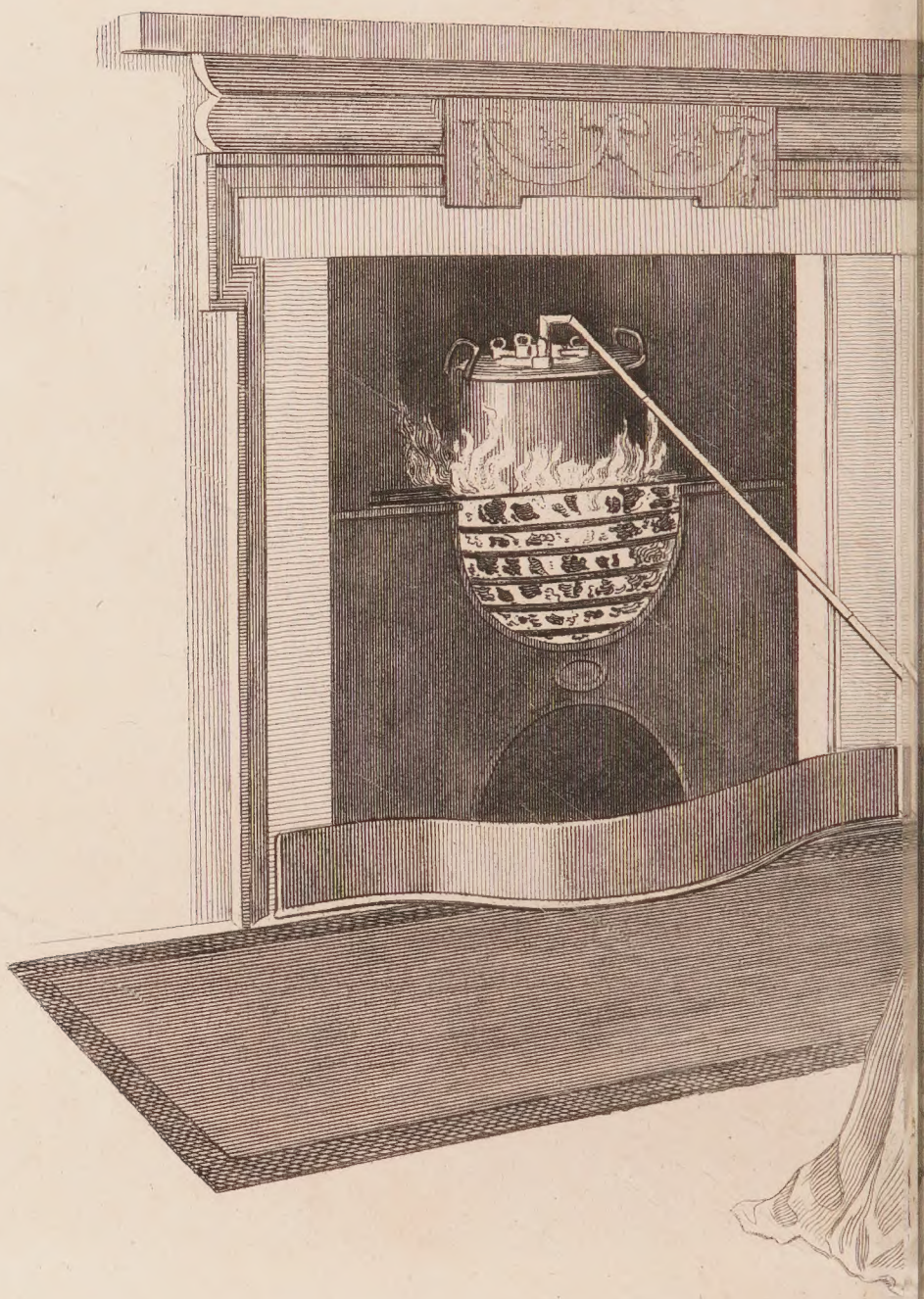


30371/B/1

SB 3-154
bat 58
bat 69

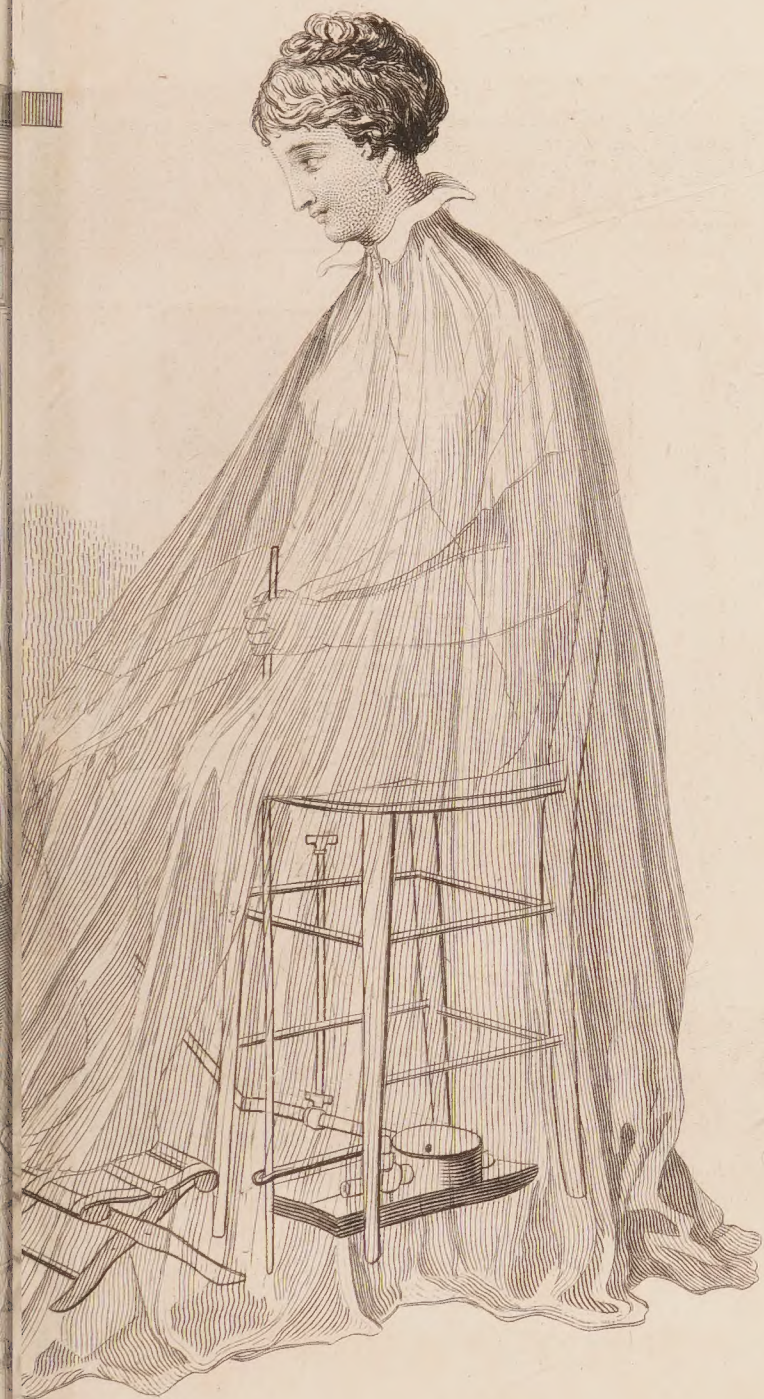
75597

Captⁿ Jekyll's



The Cloak is made of Oild Silk, which does not expose the Per

ent Vapour Bath.



it is here represented to shew the Apparatus of the Bath.

IMPORTANT FACTS,
PROVING THE GREAT UTILITY OF
CAPTAIN JEKYLL'S
PATENT
PORTABLE VAPOUR BATH,
IN THE
CHOLERA MORBUS OF THE EAST INDIES,
AND THE
YELLOW FEVER OF THE WEST INDIES;
AND IN
RHEUMATISM, GOUT, PULMONARY DISORDERS,
AND THE EFFECTS OF
COLDS AND CHILLS, WHICH SO COMMONLY ATTACK THE
LABOURING CLASSES OF THIS COUNTRY.

London :
SAUNDERS AND OTLEY,
CONDUIT STREET.

1828.



FULLER, PRINTER, BRISTOL.

INTRODUCTION.

I CANNOT but feel great reluctance in giving publicity to the following Chapter of Accidents; but I yield to the kind wishes of my medical friends, by submitting them to the press, with this impression, that I have often seen much good done at Agricultural and other Institutions, by those who bring forward imperfect plans, by calling forth the attention and energy of men of higher talents to arrive at greater perfection than probably would have been accomplished by the exertion of an individual.

Should this little Essay excite further investigation, and produce a more successful treatment of the miseries to which it relates, and attract the attention of the wealthy and humane to assist in relieving their poor neighbours, it would be grateful to my feelings, and accomplish the end I have in view ; for, as colds and chills are the great causes of disease in the working classes, so, on the other hand, they may find a remedy in the application of my steam bath.

Who would have supposed, a few years since, that ships should go from this country to the East or West Indies by steam, or that steam should be so powerful a remedy in diseases that have been so destructive in those climates ?

The Author is gratified in adding the following flattering testimonials, in favor of his invention.

The KING was most graciously pleased to examine the Bath very minutely, and to express the highest approbation of it.

His Royal Highness the Duke of YORK inspected the Bath very minutely, and was much gratified with it.

Sir JAMES M'GRIGOR, Surgeon General to the Army, and

Sir WILLIAM FRANKLIN, have seen several experiments made with the Bath, and were much pleased with it.

Sir PATRICK M'GREGOR sent a Bath to the Royal Hospital at Chelsea, and reports very favourably of it.

The Honourable BASIL COCHRANE published a treatise in favor of Captain Jekyll's patent portable Vapour Bath.

Dr. M'CLEOD and Dr. BACOT recommended the Bath in the London Medical Journal.

Dr. JAMES JOHNSON, Physician to His Royal Highness the Duke of CLARENCE, Lord High

Admiral, &c. &c. &c., recommends the Bath in the Quarterly Medical Review.

Dr. BEATTY, Physician to His Majesty's Fleet, and to the Royal Hospital at Greenwich, expressed great satisfaction with the experiments and the Bath.

Dr. VEITCH recommends the Vapour Bath very strenuously ; he has written in favor of it, and is particularly pleased with Captain Jekyll's mode of applying the Vapour.

Sir GORE OUSELY was much pleased on trying the Bath.

Sir EDWARD BULLER used the Bath frequently, and recommended it to his friends, &c.

Sir EDWARD CODRINGTON wrote to have a Bath sent to him in the Mediterranean.

Dr. PATTISON, Physician to the Forces at the Cape of Good Hope ;

Dr. DODDS, Dr. WHITE, and many other Physicians and Surgeons, and several of the most intelligent Officers of the Army and Navy, have examined the Bath, and expressed their desire to have it adopted in His Majesty's Naval and Military Service.

Dr. BURNETT, of the Navy Medical Board, examined the Vapour Bath very attentively, and expressed a desire to have it made use of in the Navy.

Dr. FERGUSON, F.R.S., Inspector of Military Hospitals in the West Indies, tried the effects of the Bath, and is anxious to see it adopted in the Army and Navy, and for the use of the Poor and others in the neighbourhood of Windsor, &c.

Dr. JOHNSON, in his Work on Spasmodic Cholera, &c. of India, and Tropical Climates, page 21—2, quotes a case of Mr. Hamilton, Surgeon of H. M. S. Britomart, in which are shewn the good effects of Portable Vapour Baths in malignant fevers.

“Medical Reports of the Epidemic Cholera of India, since August, 1817, published by Authority of the Bombay Government,”—*ibid.* p. 283, —Warm Bath is recommended.

Mr. CORBYN'S Communication to Sir Gilbert

Blane, 1820, on the Epidemic Cholera of India, says, “ that Hot Baths and Hot Friction are prescribed.”—*ibid.* p. 287.

JAMES ANNESLEY, Esq., Surgeon of the General Hospital at Madras, and Garrison Surgeon of Fort St. George, prescribes the Warm Vapour Bath in the Epidemic Cholera of India, &c.—*ibid.* p. 300.

Mr. JAMES BOYLE, Surgeon of H. M. S. Minden, recommends the Warm Bath in Cholera.—*ibid.* p. 302.

* * * The Medical Gentlemen mentioned above, prescribed also Bleeding; with Calomel and other Mercurial preparations in Cholera.

SIR ARTHUR CLARKE recommends the Vapour Bath during the application of Mercury, and found, in an extensive practice of eight years, that in conjunction with it, but half the quantity of Mercury was required to effect a cure in one-half the time; besides preventing the poisonous effects of this mineral.

SIR ARTHUR CLARKE, p. 177, observes, “ that no act of benevolence could be more essential to the comforts of the Community, than that of esta-

blishing Vapour Baths for the Poor, in *all* the Hospitals and Charitable Institutions ; the Lives of many might be saved, and the expenditure for Medicine be considerably diminished.”—

When we reflect how much our Army and Navy are exposed to the worst of bad weather, to night watchings, wet clothes for a long time together, with the vicissitudes of the different climates, I hope that Charity and common humanity will be no longer wanting to those who deserve so much from so great a Country, and who, I trust, will cheerfully contribute to relieve those miseries, when they know how cheaply and easily it may be accomplished.

The Roman Generals, the Officers, and Soldiers, made great use of Warm Vapour and Hot Baths.—See the *History of Bath*.

“In Russia, Poland, and other countries, the Vapour Bath is used to remove the effects of fatigue and colds, and to preserve the health ; and there is no cottage so poor, but has its Vapour Bath.”—*Sir Arthur Clark and Count Rumford’s Essays on Bathing*.

Mr. GREEN, Surgeon, R. N., 40, Great Marlborough Street, finds, that Venereal is cured by his Fumigating Baths in less than one quarter of the time required to rub in Mercury.

For the beneficial effects of the Vapour Bath in Yellow Fever, see p. 13.

For Ditto in Cholera Morbus, see p. 16.

STATEMENT OF FACTS,

&c.

THE following Statement of Facts may very properly be called a Chapter of Accidents, as the experiments which led to their discovery were not made with any intention to their being published :—

In 1820, after having been several years a sufferer from rheumatic gout, two or three times a year, for which I frequently took *L'eau Medicinale d' Huson*, and various prescriptions of eminent physicians and surgeons, I was advised to go into the hot baths at Bath, which I frequently did ; but each time of bathing excited fever and head-ache.

Afterwards I went to Weymouth, to try a warm salt water bath, and was pleased with it ; but, on returning to Luce's Hotel, caught cold, and had severe spasms in the stomach the day following.

Having occasion to return to Bath, I used a spirit bath belonging to Moody, called Judge Ogden's American bath, heated by burning spirits of wine, which produced profuse perspiration. Whilst lying in the bed, the heat was conveyed under the clothes, which were suspended by a frame. After the heat subsided, I found a great coldness, owing to the shirt and sheets having been made wet by perspiration. The effluvia of burning spirits of wine was unpleasant, and the smoke made it necessary to get into a warm water bath, to wash off those inconveniences. Moreover, this experiment was attended with considerable danger. Gauntlet and another of Moody's assistants appeared so very awkward with it, that I took the precaution of having a large bason of water and wet towels at hand, as the apparatus became excessively heated ; otherwise they must have upset this liquid fire,

and probably burnt the house, on taking the bath apparatus apart.*

Fortunately, a friend persuaded me to purchase Sir Arthur Clarke's Treatise on Bathing, which gave so favorable an account of the vapour bath in gout, that I went into Moody's vapour bath, at the Kingston Rooms, at Bath, which Moody and Gauntlett informed me was contrived by Dr. Wilkinson. It had the fault common to vapour baths at that time, of being much hotter at the upper part, than at the feet: consequently, I had a violent head-ache; the gout left the feet, and caused excruciating spasms at the stomach the ensuing night. Finding that steam removed the gout to that part where the heat was the greatest, I was convinced, that, by reversing the plan, and making the feet much hotter than the upper part, the gout would go from the stomach to the

* Judge Ogden's American vapour bath is ingenious and simple, and may be a good contrivance if properly made use of. Mr. Green's warm air baths, at No. 40, Great Marlborough Street, London, are held in high estimation by the most respectable members of the medical profession, and are much resorted to by the first ranks of society. Mr. Green's publications prove their excellence.

feet again : consequently, I invented a vapour bath, which happily produced that desirable effect, and immediately removed the gout from the stomach to the feet, relieved the pain, and promoted a comfortable sleep for some hours ; and so effectually subdued the gout, that in two days I was perfectly recovered. I have since, on several occasions, experienced the correctness of my system, of making my vapour bath ten or twenty degrees hotter at the feet (by Farenheit's thermometer) than at the upper part of the bath ; which is easily regulated by the person taking the bath, or by an assistant. The gout descended to the feet ; where, the pores being opened, a profuse perspiration took place, and those paroxysms, that so often confined me to a bed several weeks at a time, have since yielded to steam with very little pain, and scarcely one restless night in about as many days as it previously continued weeks.

I made an experiment with the Bath water in my vapour bath. It excited fever and headache, as it did when I went into the Queen's bath ; but on changing the Bath waters for common spring water, it removed those effects.

This proves that Bath waters impart their properties in vapour; and that where they are beneficial they may be applied with my vapour bath in sick rooms, without the patients' being exposed to the risk of taking cold when the weather or other circumstances render it improper for them to go to the baths.

Since I found that very painful attacks of gout were so easily subdued by steam, I have frequently ventured out many hours at a time in the coldest weather of winter: consequently, I had a few sharp attacks of gout in the stomach, but invariably found relief in a few minutes from my vapour bath. Yet I do not advise others to try similar experiments.

On one of those unlucky attacks, I went from Windsor to Bath four hours after having taking my vapour bath; and, although it snowed a great part of the journey, I experienced no inconvenience from it.

In several instances of inflammation of the chest, and in severe cases of bilious and rheumatic fevers, I have witnessed the most astonish-

ing good effects with the use of my vapour bath.

My bath is very simple and portable, and with little instruction is easily managed. It has generally a covering of thick calico ; but an oiled silk cloak over the calico is preferable, as it confines the steam much better. The dress is kept off the shoulders by a hoop and three supporters ; and the whole may be contained in a moderate sized box.

The Honorable Basil Cochrane recommended a tent covering, and frame to inclose the head, that vapour might be inhaled : others, including several gentlemen of the medical profession, prefer having the head uncovered, to show when the steam really produces perspiration, which sometimes takes place profusely in ten or fifteen minutes ; at other times, particularly after taking a fresh cold, I have found that the same degree of heat did not produce free perspiration in less than thirty or forty minutes : consequently, by the head being uncovered, the effect is easily ascertained. I generally continue in my vapour bath about ten mi-

nutes after the perspiration has taken place. When the head is confined inside the tent bath, condensed steam is frequently mistaken for perspiration, before any has really been excited.

The tent bath is more spacious, and makes a tepid bath; but the cloak, or smaller dress, confines the steam more, and makes a more powerful bath. In the winter, and in cold weather, I use them both together, especially in large rooms; and I find them much more comfortable than either of them alone.

I am much gratified to find this useful invention so highly approved of by several of the most respectable physicians and surgeons, to whom I am greatly indebted for their kind and liberal communications; particularly to Sir Henry Hallford, who recommended them to His Majesty, who has, in consequence, two sets.

Mr. Green, of No. 40, Great Marlborough Street, London, has had his baths constructed upon my principle, of making a greater heat at

the feet than at the upper part. These baths are exceedingly well arranged, very convenient, and well conducted, under his own indefatigable inspection and attendance. His establishment and practice are upon the most liberal and scientific system, and his publications do him great credit. As a proof of his disinterested kindness, Mr. Green has recommended my vapour baths to his medical and other friends, and to his own patients, although he has baths of his own.

I was also exceedingly gratified at the admirably well constructed baths at Dr. Kentish's liberal institution at Bristol ; and with the great kindness, attention, and candour, I experienced from the Doctor. His Treatise on Warm and Vapour Baths, containing observations on Scrofula and Pulmonic Complaints, I have read with the most interesting pleasure. Also, his account of a Madeira House at Bristol. His Essay on Burns is well known to the faculty generally.

I have to apologize to the Doctor, for borrowing, from the last work, the following extracts of Mr. Cochrane's description of his own case,

to which we are so much indebted for great improvements in vapour baths.—“ A very protracted residence in India had considerably deranged my constitution ; I began to feel the painful consequences ; my chest was loaded with phlegm ; I laboured under severe and almost incessant cough ; and my voice, which was feeble and interrupted, sometimes failed me. Accident, at this time, threw in my way ‘ Mudge’s inhaler.’ I made use of it with something of a prophetic assurance that it would lead to salutary results ; and my success was equal at least to my expectation. This naturally induced reflection on the superior advantages to be obtained from vapour upon an extensive scale, and with a more general application. Without the least knowledge in medicine, I clearly ascertained, that nine-tenths of the complaints with which Europeans in India are afflicted, originated in checked perspiration ; and I conceived that, to remedy the evil, the best means would be the application of vapour, if it were possible to confine it in such a manner as that the whole surface of the skin should be subjected to its influence.”—“ I at length found myself in possession of my object. I was of course

the first to try the efficacy of the vapour I had learned to controul ; and such were the balmy effects it produced on my constitution, that it appeared to me the operations of magic. I expectorated with ease, and very copiously ; the stricture on my chest was removed ; I breathed freely ; my cough left me ; and my whole frame acquired new health and vigour.”

In consequence of his having derived so much benefit from vapour, the Honorable Basil Cochrane erected in his own house, No. 12, Portman Square, a suit of vapour and other baths, upon an extensive scale, for which he spared neither pains nor expense. As soon as he had completed them, with a patriotic philanthropy, he invited the physicians, surgeons, and medical gentlemen of London, &c. and threw open the doors of his splendid establishment, for them to make such experiments as they might deem necessary to demonstrate their excellence. He afterwards published a Treatise on the merits of his baths, with many cases of cures of catarrhs, rheumatisms, gout, &c. with the opinion of above seventy of the first names in medicine, surgery, and science, who had

viewed and approved of his various apparatus, and have given it as their opinion, that his measures, when generally adopted, will be of infinite use to the army and navy, and to the public in general.

On my being introduced to Mr. Cochrane, he politely showed me all his baths; and regretted that he had not been permitted to use his vapour bath for some years, as it excited a determination of blood to his head. I examined his vapour bath with two of Farenheit's thermometers made by Carey, one being placed where the head should be, and the other upon the footstool. The thermometer at the head indicated 114 degrees of heat, whilst that on the footstool was at 93, being 21 degrees hotter at the head than at the feet, which was doubtless the cause of the head-ache and of the determination of blood to the head, of which Mr. Cochrane complained. He was so much pleased with my experiment, that he tried my vapour bath, which did not excite a head-ache; and he was so delighted to find that he could again enjoy the vapour bath, that he discarded his own in favour of mine, which

gave 100, 110, 120, or 130 degrees of heat at the feet, whilst at the head it was steady at 98 or 100 degrees.

Mr. Cochrane soon afterward examined the celebrated vapour baths at Brighton, kept by Mahomet and Molyneux. The first was eleven, the other ten degrees hotter at the head than at the feet; which, in full habits, occasionally excited uneasiness at the stomach and head. Sir M. T. told me they sometimes caused apoplexy, &c.

The following year, Mr. Cochrane exhibited my vapour bath to the Institute at Paris. They highly approved of it, as did the most respectable physicians and medical professors in that city.

On all occasions I received the greatest kindness and friendship from Mr. Cochrane; and in consequence of his relating to me the following interesting description of an experiment made by one of his near relations, I considered it a duty I owed to the army, and the navy, and to my country, to investigate as far as possible a subject of so much importance. Not having

permission to give publicity to the name, I trust it may not be improper to state the Honorable Basil Cochrane's own narrative.

YELLOW FEVER.

Captain ———, R. N. commanded a fine frigate in the West Indies in the last war. Some of his ship's company were attacked with yellow fever. The captain observed that the surgeon gave them quantities of calomel, and enquired his reason for so doing. He replied, it was to promote perspiration. The captain having seen his relation's admirable contrivances in Portman Square, and their power of promoting perspiration, adopted a very simple and excellent mode of applying vapour in a cask, and began the experiment with a patient who was delirious, and in the last stage of that dreadful disorder. The effects of the first effort was so encouraging, that it was repeated in the afternoon; and the following morning, the yellow fever was completely subdued. The same good effects were happily produced on thirteen of his ship's company. So powerful was the influence of steam, that several of those

who were attacked with the yellow fever recovered by the first or second time of taking the vapour bath, and returned to their duty two days afterwards. It is to be regretted, that a subject of so much consequence should not be more generally known.

Captain C. told me that one regiment (about the same time) lost three hundred men in three months.

My brother, who was a captain in the 43d regiment, returned from the West Indies with a mere skeleton of a regiment, having lost the greater part of that fine body by yellow fever.

A physician of great respectability, told me that he saw a patient in the yellow fever put into a bath of warm water, and that he died in the bath.

These cases show the difference between vapour, and a warm water bath, in that disease which proceeds from obstructed perspiration. The vapour bath restores perspiration, and promotes that salutary discharge. The weight of

warm water closes the pores, and confines the perspiration.

Mr. H. a gentleman of great respectability, who went to the West Indies in mercantile pursuits, stated to me, that four out of five of a party who sailed with him to the West Indies, died of the yellow fever, and that this was an average proportion of deaths by that shocking disease in the parts which he had visited.

Mr. H. was obliged to return to England to recover his health, and was several months before he got the better of the effects of the yellow fever.

Yet by the steam bath, Captain C.'s men returned to their duty two days after they were attacked with that disorder, perfectly convalescent.

CHOLERA MORBUS.

I rejoice to find the Cholera Morbus of the East Indies yields so submissively to the powers of steam.

Mr. P. a surgeon in His Majesty's army, informs me, that when stationed in the island of Ceylon, in 1818, where the spasmodic cholera then prevailed, he found that the application of vapour, by means of vinegar, volatilized by burning arrack, was of considerable utility in the treatment of that malady, and expressed his regret that he was not then possessed of my vapour bath, which he thinks would have proved more beneficial, both by the peculiar mode of generating, and the equable application of steam to the surface of the body.

Mr. B. an intelligent surgeon in the Honorable the East India Company's service, to whom I had some years since shown my vapour bath, and experiments on steam, and who has lately returned from a voyage to the East Indies and China, informed me that several of the ship's company had been attacked with cholera morbus; and that by the application of steam they all recovered, although some of the cases were very severe: whereas, on former voyages, they lost eight or ten men on an average.

Mr. B. stated he had paid great attention to that destructive disease, formerly known to seamen by the name of *cramp*, (or *mort de chien*,) which generally commenced with excruciating spasms at the feet and legs. The severity of the paroxysms occasions sickness. Mr. B. opened and examined the stomach, &c. of some of those who died in that complaint, but could discover nothing but water, except what they had swallowed shortly before the attack.

Many of the officers, physicians, surgeons, &c. of the army and navy, who have seen my vapour baths, have declared that the invention will be of the greatest use to both services, and to the community at large.

It may not be improper to describe one of the many cases that I have witnessed in the cramp, or cholera morbus, which is generally if not always occasioned by sudden check of perspiration, and frequently sleeping exposed to the dampness of night air, &c. I saw an instance of that effect at Madras, on board His Majesty's Ship Suffolk. It being excessively hot below, I went to sleep on an arm-chest on

the poop. Admiral Rainer's steward also lay on another chest, about nine o'clock. At twelve, when I went to keep watch on the quarter-deck, I saw the Admiral's steward laid out a corpse on the main hatchway grating, and was informed that he died of the cramp an hour before. It was formerly a rule with many admirals and captains of the navy, to order the ship's coppers to be kept constantly boiling night and day, so as to have a hot bath in readiness to plunge any person into, immediately on being seized; it being the most powerful remedy then known that could be applied on those occasions.

From the peculiar properties of my steam bath, and the nature of that shocking disorder, it certainly is the most rational and powerful remedy that can be made use of.

The whole apparatus may be made, where economy is an object, so cheap, so simple, and portable, that almost the poorest persons may have the use of them.

When made of the best materials, and fitted

up in the best manner, by the first-rate London workmen, and packed complete in a mahogany box, they are sold for twelve or fourteen guineas. I must confess I thought them expensive, but my friend, Captain J. R. who had done so much good with one of them in Scotland, tried to get one made there for a friend, and applied to an excellent workman; who declared he could not make one of such workmanship for double the money, as it would require many tools, &c. to be previously made.

Finding my invention of so much importance to the country, and having been encouraged by physicians, and many of the most enlightened and exalted characters, I have spared no pains or expense to bring my plans to perfection. And although these inventions, if advertised and made public, would produce a considerable remuneration; yet I should be more happy to throw open my patent and plans, so that any person might make them. And if Government would encourage so desirable an undertaking, I should be glad to take myself the voyages to the East and West Indies, to investigate subjects of such vast importance to humanity, and to

the honor and interest of the country. I have already offered my services to the Lord High Admiral to that effect; and will trust to my country to repay the expenses incurred.

During the last summer, I was occupied in making some useful and elegant experiments on water-works. The situation was unfavourable; and having taken cold, I was attacked with a bilious fever and rheumatic gout, which came on with great violence on a Sunday evening. About midnight, I took a vapour bath for a whole hour; repeated it next morning for forty minutes; and in the evening and on Tuesday morning about half an hour. On Tuesday I went to the Royal Lodge, which was rather too soon to have gone out; and a relapse was the result, attended with inflammation of the chest and pain of the side, so that I could not turn round in bed, or lie on the left side. Under those miseries, I applied to my true friend the vapour bath, morning and evening, about half an hour each time, and soon got about again. This experiment proves that my vapour bath may be used boldly and freely if properly managed: but I should not advise any person to

do so, without having the assistance of a physician, or medical adviser, during the operation.

So far from my bath causing a determination of blood to the head, or promoting head-ache, I have invariably experienced relief from those miseries, provided the feet were kept much hotter than the head at the time of bathing. On one occasion of my taking my vapour bath, by way of demonstrating its effects to three physicians of the navy, and a most respectable surgeon of Bath, they examined my pulse previously, and again whilst in the bath, and found that the pulse rose from 70 to 120, which they expected would have caused a head-ache, and advised me immediately to discontinue the bath; but, upon my assuring them that it had removed a head-ache I had previous to going into the bath, they examined the veins and arteries of the neck and temples, and found them, although so much accelerated, much softer and milder than before I began the bath.

The following case of concussion of the head

may be worth relating. About the time of the above experiment, I went from Bath to Weston in a Bath-wheel chair. Descending a steep hill, the chair upset. I was thrown out, and pitched upon my head. On going to town two days afterwards, I felt excessive pain of the head, and the motion of the coach was almost intolerable. I could not bear the weight of a hat; and consequently caught cold, with fever and inflammation of the chest. The noise of the coaches, &c. in town were extremely painful, so that I thought it necessary to leave town as soon as possible. I took a vapour bath for half an hour on going to bed; and after repeating it twice, all those troubles were effectually disposed of; I found no further annoyance from the noise of Dover Street and Piccadilly, and could ride in *jarvies* on the pavement as well as ever.

GOUT.

The Earl of C——, told me he had been subject to gout more than thirty years; and that, in consequence of having used one of my vapour baths, he had not lost a day's shooting

during the last winter, although a part of it was very severe. His Lordship, on returning from shooting, or having been exposed to cold or wet weather, took a vapour bath about two hours before he dressed for dinner. This coincides with Count Rumford's mode of bathing, and is extremely rational ; instead of waiting several hours after an exposure to cold or rain, his Lordship did not allow time for a fresh cold to take effect on the constitution. The noble Earl mentioned that he had three houses, and had sent a bath to each of them.

I do not presume to *cure* the gout by my bath : it merely lessens the severity, and shortens the duration of the paroxysm : it is perfectly consistent with the practice of the most enlightened physicians, who have written on gout—that of relieving the pain by perspiration, with the advantage of keeping it up for any length of time, and as often or as much as may be required, without annoying the stomach with the medicines usually prescribed to excite perspiration.

Dr. Bourne of Oxford, informed me, that,

during his long and extensive practice, many persons who thought to *cure* the gout by different medicines, by cold immersion, or by going to milder climates, were greatly mistaken. In the course of three or four years, the gout made its attack in a more formidable shape ; either by paralysis, apoplexy, or violent bowel complaints ; and they all died, evidently for want of a regular attack of gout. The doctor advised me to take plain food, two or three glasses of wine a day, with regular but not violent exercise ; so that I might expect a moderate attack of gout once a year ; which would relieve the constitution, and produce a much greater portion of health, than by attempting a cure. No disorder can be more wretched than suppressed gout.

Dr. Buchan advised the greatest attention to the promotion of perspiration for the relief of gout, and mentioned that several persons whom he had known, by taking bark and other astringents, kept off an attack for a few years, but that they all died suddenly, for want of gout.

Although I have on some occasions used the

vapour bath two or three times a day, yet in the subsequent cases of my “ Chapter of Accidents,” it will be perceived that the patients used my vapour bath every alternate evening, and went to bed immediately. They continued in the bath about ten or fifteen minutes after the perspiration appeared on their faces ; and they were directed to discontinue the bath the moment they should feel any desire to do so ; but neither of them expressed any inclination to give it up sooner than the time above mentioned ; on the contrary, they were more inclined to remain much longer than they ought to have done. They used my *cloak bath*, with their heads uncovered, and did not inhale vapour.

From the observations of the Honorable Basil Cochrane, and those in Dr. Kentish’s clear and comprehensive Essay on the effects of the vapour bath, it appears that in some cases it may be beneficial to inhale pure vapour. Sir A. C. however, observed, that should the skin be diseased, by having the head inclosed the steam may convey the disease to the lungs : otherwise, the covering may be raised so as to

inclose the head ; or by Mudge's inhaler with the head out.

I have felt, by continuing in my bath more than a quarter of an hour after the appearance of perspiration on the face, that the comfortable sensation of a moderate and almost insensible perspiration, or what may be more properly termed a delightful glow of warmth, subsides much sooner than when the bath is used in moderation.

From the number of miseries to which my bath has been applied in relation to myself, it may be supposed that steam or vapour is in reality of very little use. But this is a mistake. Having been anxious to bring forward works of great public utility, that required my personal attendance and much exertion, with frequent exposure to the variableness of the climate, I have often gone from home on a fine morning, but before I could return have experienced some hours of very severe weather, and that in an open Stanhope, on a constitution subject to rheumatic gout. And had it not been for my vapour bath, I certainly could not have accom-

plished the objects. I have frequently, after returning home from fatigue and cold, thought it impossible to leave my bed for a length of time; but after having taken the bath, which invariably caused a good night's sleep, I arose the following morning in high spirits, and so refreshed as cheerfully to resume my labours.

Effect of Partial Application of Vapour on Gout.

The Earl of M——, requested, by a physician, to have a vapour bath to apply steam to any part that might be affected with gout. From the effect of my first experiment with vapour at the Kingston Rooms, I cautioned the doctor against a partial application of vapour in gout, (except to the feet,) for fear of producing what the doctor terms retrocedent gout. I soon contrived the object they required, and tried it to my right knee, where there was some gout. The vapour was soothing for a short time; but soon after I was in bed the gout returned with greater violence, the right foot became cold, and I experienced that which I expected: the retrocedent gout went to the stomach. On the following morning, the Ho-

norable Basil Cochrane and my friend Mr. Green, called to make some other experiments; but the paroxysm was so severe that I could scarcely speak to them. I requested to have my vapour bath prepared as soon as possible, and was in it but a few minutes before I was free from pain; and I was scarcely in bed before I fell into a sound sleep for some hours. Soon after I was awake, Mr. Cochrane returned, and rejoiced at having seen such a state of misery so soon removed by steam. He declared that for a thousand pounds he would not have lost the opportunity of witnessing this case. A few days afterwards I was well enough to take a long journey.

The flexible tubes, and the apparatus for applying steam to any particular part that may be required, which are much approved by the faculty, are usually sent with the bath.

Mr. Green had been so deaf in his right ear for more than twelve years, that with that ear he could not hear the report of a cannon: but on applying steam from one of my vapour baths, by an ingenious contrivance of his own, he

could the next day hear distinctly every word that was said to him; and he continued to do this for the last four or five years. I do not recommend any person to try so powerful an experiment on themselves; but should advise those who are desirous of making a similar experiment to apply to Mr. Green, 40, Great Marlborough Street, London.

Dr. Kentish has also taken the hint, and caused a very neat little apparatus to be made, admirably adapted for such experiments, where my larger bath may not be required.

Captain J. R——, R. N. was thrown from his horse, and broke three of his ribs. He used my vapour bath to keep down inflammation, which had the desired effect; so that in about ten days the Captain was enabled to walk a good day's grouse shooting. Captain R. favored me with another proof of the importance of steam, on his neighbour, Col. C. of Caithness. The Colonel was attacked with an inflammatory fever. His surgeon stated it was too late to bleed him, or to render him any relief. The Colonel, however, having strong nerves,

and not being disposed to yield to difficulties, sent to Captain Ross for his vapour bath, tried it, slept well all night, breakfasted with his family at their usual hour, and took his morning's ride perfectly recovered.

Captain R. told me, last year, that his son was delirious, and that his medical friend despaired of his recovery from fever. He determined on trying the vapour bath, being the only hope he entertained of saving his son's life. He soon felt composed, and his pulse was, in less than a quarter of an hour, reduced by vapour from 130 to between 80 and 90. Captain R. soon after had the happiness to see his only child restored to the blessing of perfect health.

Captain R. has himself cured nearly fifty persons in Scotland, who were attacked with violent inflammatory complaints, and several of them after the doctors had given up all hopes of their recovering.

Isaac Rixton, labourer, forty years of age, works in my garden; and had been several years a sufferer from very severe attacks of

rheumatic gout, in the spring and autumn, for which he had been under the care of an eminent surgeon. He was frequently bled, and had taken much medicine in those attacks, which generally continued six or eight weeks, and afterwards left him in so weak a state that he could do very little work for weeks afterwards. In March 1821, he was seized with one of his usual attacks. I advised him to try my vapour bath, which he repeated three alternate evenings, which completely restored his health. I was astonished two or three days afterwards, to see him on a high ladder pruning an apricot tree, exposed to a cold N. W. wind; and I could not resist giving him a scolding for his imprudence; but he assured me that he did not feel cold, although he was working in so exposed a situation without a great coat, which he had worn every day through the winter. He also observed, he had never taken his meals with a better appetite. I was gratified at seeing a deserving and industrious person so soon relieved from his usually long suffering on similar occasions, and desired him to take another vapour bath in the evening, to which he readily assented: he said it was very pleasant, and it

made him sleep sound during the night. He informed me that he had been subject to rheumatism and rheumatic gout from the time he was eighteen years of age, when he took a chill from sleeping in a damp bed; and sometime afterwards he caught a fresh chill, from being exposed to heavy rain after having been heated by mowing. He has for the last six or seven years escaped those severe fits of illness by taking a vapour bath when he has felt any symptoms of a cold. He is frequently seen mowing in the garden when it rains; as he says the grass then cuts easier. He seldom wears a coat or waistcoat at work; but puts them on over a wet shirt to take his meals; and it is reasonable to expect, that, after his having been several years subject to such severe attacks, such imprudence may produce returns of his miseries. These, however, the vapour bath invariably removes in the first or second application. He is always ready to do acts of kindness to his neighbours, and readily takes one of my vapour baths to any person's house that may apply to him.

James Sibley, labourer, thirty years of age,

in the month of April, 1821, came to my house, and asked permission to use my vapour bath. He said he had some weeks before taken a chill, and had been attended by a very respectable surgeon : his left hand was much swollen, as were his knees, ancles, and feet, and his body so enlarged, that he could scarcely button his waitscoat. His appearance was so so exceedingly unfavourable, that I did not expect my little bath could relieve him, and wished him to go to the Bath Hospital, where he might have the best medical advice, with proper food, &c. to assist the warm baths ; to which he replied, that he had never seen any person, who went to the Bath Hospital, recover so soon as Isaac Rixton had done, and that he had a notion that my bath would do him more good than going to the Hospital. Finding him so anxious to try the experiment, he at the same time stating that he would take the risk upon himself, I desired Isaac Rixton to carry the bath to his house, which restored him to perfect health by four applications, one on every alternate evening.

In 1821, Charlotte Trim, aged nineteen, an interesting young woman, had been six months

or more under the care of an eminent physician, and two very attentive and humane surgeons for pulmonary consumption ; they had given up all hopes of a recovery, and had abandoned her upwards of seven weeks. Her mother was employed in my house as a laundress. On seeing her in tears, and in great distress, I enquired the cause. She gave the above statement of her daughter's illness, and said she was afraid that before her day's work would be at an end, her only child might cease to exist. Upon considering how much good my vapour bath had done to myself, to Isaac Rixton, and to James Sibley, &c. and as Sir Arthur Clarke's treatise on bathing recommended the vapour bath in pulmonary diseases, I advised Mrs. Trim to bring her daughter to my house, that she might have the use of my vapour bath, with every care and proper nourishment, with her mother's assistance. On their coming to my house the family had not the least hope of her recovery. She complained that her feet and legs were always cold, and that at night she had such profuse perspirations, that her mother was regularly obliged to change her sheets and linen. She said she had thrown off large quantities of

matter by coughing. She took the vapour bath every other night, and went to bed immediately after. The result was, that on using the bath twice, her feet and legs acquired their natural temperature, and were not cold afterwards. The night perspirations soon began to abate, and ceased altogether in a fortnight or three weeks. After she had taken the bath a few times, and finding it produce so favourable a change, I requested her medical adviser to visit her. He observed, that, from the nature of her expectoration, it was impossible she could recover; that my bath had relieved her pain, but that it was impossible it could do more. Having experienced a great affliction in that dreadful disease in my own family, I was anxious to persevere as long as any hope of her recovery remained; and I had the gratification to see her return home with her mother, in about three weeks, quite relieved from her illness. She afterwards took the prescriptions of her medical advisers with the happiest effect, and has enjoyed an excellent state of health for the last seven years. She now resides at Stoney Stoke with her relations. She was of a scrophulous habit from her infancy.

—— Kimber, a young man of Wincanton, had been confined to his bed three weeks, with a severe rheumatic fever, from which he recovered, by three times using my vapour bath.

Miss I. daughter of Mr. and Mrs. I. of the White Hart, at Wincanton, recovered from a rheumatic fever that had confined her several weeks, by two or three times taking the vapour bath, in her own room, at bed time.

In 1823, David Pratten, of Wincanton, a well-digger, about 40 years of age, had taken a chill when digging a well at Stourton. The water rose upon him with such force, that he had great difficulty in securing his work, and was several hours up to his middle in water, before he could extricate his tools : he had six or seven miles to walk home, partly over a bleak common, in a very cold, hard freezing night, and could only get a little cold small beer after his hard work. A violent chill brought on the dropsy ; his legs were much swollen ; and his head was an enormous size. His son-in-law came to my house to beg the

loan of my vapour bath, which he used twice. The first time it made him perspire profusely, and he could readily discharge his urine, which he could not do from the commencement of his illness. After having had a second bath, with the intermission of one day, he felt himself well enough to walk out to see his workmen, who were employed in making a well near Wincanton. He thought he might as well go to work as look on and do nothing; so off went his coat. Mr. E. his surgeon, passed by, and was astonished to see his patient at work again in his shirt sleeves. He has since enjoyed good health, and has had no return of his disorder.

Sarah, wife of Meshec Parsons, of Knowl Rock, who works for me as a labourer, had taken a chill during her confinement with her fourth child. She had been several months under the care of very respectable, attentive, and humane surgeons. Her husband informed me that he had but little hopes of her recovery, or being much longer in this world; that her left side turned purple at night; that she could not sleep for pain; that she had no appetite;

and that her left arm was so wasted away, that she was obliged to support it with a flannel sling. I had frequently wished her to try my vapour bath ; but her husband said the doctors were not willing that she should do so. At last she tried my vapour bath every other evening, about half-a-dozen times, when I was gratified at meeting her walking on the road between my house and Wincanton, with a large basket on the left arm, which she could not support without a sling a few days before. She assured me she was perfectly recovered, and intended to call on me that day, to thank me for the relief she had received. She has since enjoyed excellent health, and has the gratification of assisting to support a family of five children, without parochial assistance.

Meshec Parsons, her husband, was also relieved from a severe illness, proceeding from a chill, by using the vapour bath two or three times.

In 1825, John Parsons, a labourer on my estate, had taken a chill at mowing time, by lying down on damp grass to sleep, after se-

veral hours hard work. He was eight weeks under the care of excellent surgeons, and had been frequently prayed for in the church. He complained of a coldness of his feet and legs, with a swelling in those parts at night, diarrhœa, and such profuse perspirations during the night, that he was obliged to have his linen and bed clothes changed. I gave him a little port wine, with comfortable diet; and after four times using the vapour bath, he was enabled to resume his daily labour in the barn, and to support a family of five children.

This case and that of Charlotte Trim, confirm Sir Arthur Clarke's observations, (p. 135,) what the effects of vapour bathing in fever are; it disposes to a calm and sound sleep, and seems to regulate the discharge by the skin, promoting it when too little, and restraining it if in excess, without injuring the tone of the stomach, or reducing the patient's strength.

Mr. Ewens, of Westgate Street, Bath, a respectable ironmonger and brazier, requested the use of my vapour bath for his daughter,

who had suffered excruciating pain, from an inflammation of the bowels, which was not removed by the prescriptions of her medical advisers. They afterwards desired the application of a warm bath. Mr. E. tried my vapour bath, and it completely succeeded in a quarter of an hour. Mr. E. was so delighted with the effect of steam on his daughter, that he determined to try it on his nephew, who was confined to his bed by a fever, of which disorder his wife died the week before, and from which the nephew was not expected to recover. After twenty minutes application of vapour, he walked about his room half an hour, slept well all night, arose the next morning at eight, and made a good breakfast. In the afternoon he walked to Mr. Ewen's house, where he drank tea, and smoked his pipe, perfectly recovered, and had no relapse.

Mr. Snowden, tailor, No. 7, Hedden Court, Regent Street, London, suffered severely from a violent pain in his chest, and pains in all his limbs, which had, upwards of six weeks, prevented his doing any work to support a large family. He was not relieved by the

assistance of a very respectable medical adviser. After having used my vapour bath a few times, he was perfectly restored to health, and resumed his employment ; and he has since enjoyed better health than he had for years before. He was attended by my faithful servant, Samuel Hope.

Mr. Dyer, who kept the Admiral Keppel Inn, on the Brompton road, had been several years afflicted with gout, and for three or four years very severely. Samuel Hope, who had been many years acquainted with him, applied my vapour bath a few times, and completely recovered his friend from his miserable tortures. He has since been free from any relapse.

Mr. O. R. a most highly respectable surgeon, told me that Miss R. daughter of Sir John R. Bart. was thrown out of a carriage, that her arm was broken, &c. and that after her arm was set the lady could not bend the elbow joint ; but by using the flexible tubes and apparatus with the vapour bath, and by rubbing, Miss R. has perfectly recovered the use of her arm.

Mr. St. John, had been several years afflicted with severe pains in his hips and thighs, or sciatica, for which he had tried the most celebrated baths on the continent and in this country, without any benefit; but by using the flexible tubes and apparatus, and immediately afterwards my vapour bath, he soon recovered from his miseries.

Sir Arthur Clarke, p. 211, states that Dr. James Johnson, Surgeon to His Royal Highness the Duke of Clarence, in his Treatise on the Influence of Tropical Climates, says, "The vapour bath now coming into use at the naval hospitals abroad, (Mr. Cochrane's vapour bath,) bids fair to prove a powerful auxiliary in soliciting the blood to the surface, and thus relieving (in the yellow fever) the internal organs from the effects of congestion." *

* Dr. Johnson's is a book which I think every gentleman going to the East or West Indies ought to provide himself with, and which may be useful to those at home, whose health and constitution have been impaired abroad; it is the production of a man of sound judgment, of accurate discernment, and of great professional knowledge and experience.

Sir Arthur Clarke quotes the highly respectable names of Sir Gilbert Blane, Dr. Thompson, Dr. Bancroft, and many others, as approving of the effects of the vapour bath in the diseases of the tropical climates, with observations on some other professors of arts and sciences :

“ But improvement or discovery in any art or science at first is generally opposed, either from motives of prejudice, which it offends, or of ignorance, which it mortifies. One of the greatest physicians that ever lived acknowledges the truth of this observation, as applied to the medical profession in particular. ‘ There is scarcely an improvement, (says he,) in our art, however obvious, that did not experience at first the almost unanimous opposition of the faculty.’ ” P. 52.

Truth, however, is of a buoyant nature, and more generally rises above the force of prejudice, the violence of ignorance, and even the keenest shafts of ridicule.

In addition to my own Chapter of Accidents, I shall take the liberty of introducing the

opinion of some medical men, with which I have been favoured. The three following extracts are from letters which, in 1827, I had the honour of receiving from Dr. Myddleton, of Wells, who has expressly written on pulmonary consumption :—

“ Having been consulted by the Bishop’s son-in-law, I advised the use of your vapour bath : he has found considerable benefit by its application. In giving this subject full consideration, I am satisfied that every conscientious medical man ought to have so powerful an auxiliary at his command.”

“ My opinion of the utility of your bath remains unchanged. Indeed, the more I reflect upon the subject in its various bearings, the more I am convinced of the eminent benefits which may be derived from it, not only in strumous cases, but also in fever, if we take a correct view of its remote cause, impaired energy of the nervous influence, by which the various secretions are imperfectly formed, and ultimately become vitiated ; in that state they are absorbed, and produce inordinate vascular action : to the

bath I look as the *most prompt* means of subduing our enemy."

"In consequence of your humane offer of one of your vapour baths for the poor, I have several patients anxiously waiting its arrival, especially one, an interesting young woman, who is much noticed by the Bishop's and Dean's families."

Dr. Kentish's Essay on Bathing being out of print, I have obtained the Doctor's permission to add two remarkable cases of the assistance of vapour to his other medical treatment.

"Master Peters, a young gentleman from the island of Jamiaca, aged 11, has been in England three years for his education. The first winter he was much subject to coughs and colds, which did not leave him until the summer advanced, although he had every medical attention; the second year his complaints were more severe, nor did they leave him so perfectly as in the preceeding year. He never seemed perfectly well; his growth was checked; and he carried the appearance of an animal which had been starved

with the cold, and ill fed, (which was not the case, though it is in some schools.) Very early in the third autumn, (1795,) his former complaints were aggravated, his winter cough returned, and the defluxion from the chest was very great: to have looked at him, you would have taken him for a little old man; his surface was dry and shrivelled, notwithstanding he wore flannel next his skin. He had, during the former winters, gone through the whole series of means, which similar complaints yield to, in children of an healthier class. In the first inflammatory attack, antimonials, with demulcents, occasional emetics, anodynes and squills, were administered, but nothing relieved him except the approach of summer. His expectoration was much tinged with blood: he was hot and feverish after eating, with a quickened circulation: so that there was every appearance of this local distress of the chest being likely to undermine the constitution, by forming hectic fever. It was then only October; the poor little fellow had therefore a melancholy prospect, if he were not to get relief until the following spring, or rather summer. Having myself seen the result of former means to relieve him, I was induced to

add the vapour bath to the other remedies employed : for the first three or four times of its use, a great quantity of dry scurfy indurated cuticle was thrown off ; by the time he had used it once a day for a week, this ceased ; and the bath being used of a moderate heat, the natural secretion of the skin was restored. It is astonishing with what rapidity he recovered by these means : his expectoration gradually ceased ; his appetite and spirits improved ; in short he seemed to be new created ; both his body and mind acquired increased vigour :—by continuing its use occasionally he was perfectly recovered. Instead of making him tender, it, on the contrary, by restoring equal action, gave him such a vigour as enabled him to bear the winter's cold, and participate in the out-door amusements of his school-fellows : of which his former state of health had rendered him incapable.”

Case of indurated glands in a lady's breast.
—“ Mrs. Thompson, aged 40, has had four children, to all of whom she was a nurse. In the year 1795, she applied to me, on account of a tumour in the right breast. She had been much alarmed by a surgeon she had consulted, who advised

the extirpation of the indurated gland. She was troubled with shooting pains in the part; and the tumour had lately enlarged, with increased pain. In this state, I could not give a favourable prognosis; at the same time I told her, as there was no immediate hurry for the operation, there was time to try means to avoid that dreaded alternative. Her health was not affected by previous disease; and as her constitution was good, I ventured pretty freely with evacuants, bleeding, and purging. When the system was thus relieved, I ordered her the vapour bath twice a week. I had infinite satisfaction in marking the benefit she received from this plan: the pain gradually lessened, after each time of bathing; and, in the course of a few months, the indurated part was quite absorbed: so that no vestige of her complaint remained. I have no hesitation in saying, that I believe, had this case been neglected, it would have terminated in cancer: for at that period of life, when, from any cause the glands of the breast become tumified, painful, and, from the death of the part, cause an external opening, there is little hope of its terminating otherwise than in an incurable sore."

Dr. Kentish has kindly favoured me with the following letter, showing his opinion of the utility of my invention :—

“ My dear Sir,

“ I have had much pleasure by inspecting your patent vapour bath. I have tried its power, and have found it capable of fulfilling the intentions of applying heat and moisture, in the form of steam, to the whole, or any particular part of the human body, equal to any other bath, and in some cases in a far superior manner. It has the peculiar advantage of being enabled to keep the greatest degree of heat at the feet, or lower extremities ; thus avoiding the danger which some other vapour baths have, of exciting too great action in the blood vessels of the head. The fact of keeping the bath many degrees higher at the feet than at the upper part of the body, may be ascertained by suspending thermometers at different elevations. I have much satisfaction in bearing testimony to the efficiency of your invention ; it is calculated to fulfil an object that I have long ardently desired. The baths which I established here, (on the College Green, Bristol,)

I wish to be regarded as a dispensary of heat, for the use of the Faculty generally ; the attendants have orders to be particularly attentive to the wishes of every medical gentleman, who orders a dose of heat for his patient, which will be administered according to his direction. This bath of yours is still nearer answering my wishes, as it will enable the faculty to order a bath to an individual whom it might have been impossible to have sent to the baths.

There is, perhaps, no remedy which has been so differently appreciated as the use of baths ; at one time they were provided with the same care as articles of the first necessity, at another time totally neglected.

The Egyptians, the Grecians, the Romans, all used baths to excess. The most stupendous efforts of genius were called forth by the construction of some of those edifices. Even to the present day the remains of Dioclesian's Baths at Rome, must be regarded with astonishment. One hundred and forty thousand men were employed in their construction ; the spacious apartments, the vaulted roofs, the pillars of

foreign marble, together with a thousand other embellishments, formed the enjoyment of the Roman people at the time, and the admiration of their posterity.

If we admire the combination of genius and power which erected those edifices, we ought equally to admire the successful effort which you have made, in giving us as it were, the concentrated essence, or the useful powers of these baths in a nut shell, (namely, a little box not two feet square.) The constructive genius you have exhibited in getting up your portable vapour bath is truly admirable ; you have there given a new power, or rather, I should say, have rendered an old power more available. This is not the place for me to mention the cases in which I think the bath will be useful. I have already given my opinion to the public on that subject, and I am happy to find, that your Chapter of Accidents, fully corroborates my former opinion of their utility, as an auxiliary in a variety of diseases, some of which were incurable (yellow fever and the East India cholera) without them. Accept my congratulations on the complete manner in

which you have accomplished your work, and be assured I wish you every success in its general use.

“ I remain,

My dear Sir,

Your's very truly,

EDWARD KENTISH.”

“ To Captain Jekyll, R. N.”

DIRECTIONS

FOR

VAPOUR BATHING.

“THE temperature necessary for the vapour bath, and the time for using and remaining in it, must depend upon the purpose for which it is designed. From ten minutes to a quarter of an hour, is sufficient, in general; but there may be cases where half an hour or an hour will be necessary.

“The best time for using the vapour bath is in the morning, or at any period before dinner; after the body is properly dried and rubbed, the cool air is grateful, and perfectly safe; there is no danger whatever from cold—the truth is,

we are less liable to cold after warm or vapour bathing, than at any other time, for the increased circulation on the surface of the body keeps up a great degree of heat, which the non-conducting state of the skin long preserves in the medium of even a cold atmosphere: that this is a fact, experience on my own person, and observation of the effects produced on others, enable me to affirm; consequently the fear of ‘catching cold,’ expressed on such occasions, is both groundless and injurious. The reader, it is hoped, will pardon the repetition of this fact; so general is the prevalence of the opposite opinion, and so mischievous the errors in practice which it produces, that the truth cannot too often be inculcated in a work of this description.

“ In December, 1812, when the thermometer was below 32 degrees, I went into a steam bath heated to 130, which is five degrees above the *burning* land wind on the *coast of Coromandel*; I remained in it for ten minutes, and after having my body well dried, without any additional clothing to what I am accustomed to wear, I walked a distance of upwards of two miles, without any injurious consequences; on

the contrary, I felt invigorated, and, as it were, defended from the coldness of the atmosphere.

“ From what I have stated it must not be concluded, that immediate exposure to the external air in all instances, after warm or vapour bathing, is safe : there are exceptions in several states of disease, wherein the object is to ensure an increase of perspiration. In these it is obviously our business to remove the patient to bed, to encourage the continuance of it ; but, when the bath is used for cleanliness, refreshment, or as a luxury, the rule admits of no exception.

“ The Russian constantly plunges at once from the vapour to the cold bath, or exposes his body to the rigorous frost ; this sudden transition hardens him to all the severity of climate, and to every vicissitude of weather—a transition which seems unnatural and dangerous to us. And we are also told, by Lady Mary Wortley Montague, that the Turkish ladies, who do not yield in point of delicacy to those of this country, bear this sudden alternation of

temperature equally well with the Russian peasant. She further adds, that they continue bathing at least four or five hours together, and without taking cold, they go immediately from the hot bath to a cold apartment.”—*Sir Arthur Clarke's Directions for Vapour Bathing*, pp. 198—201.

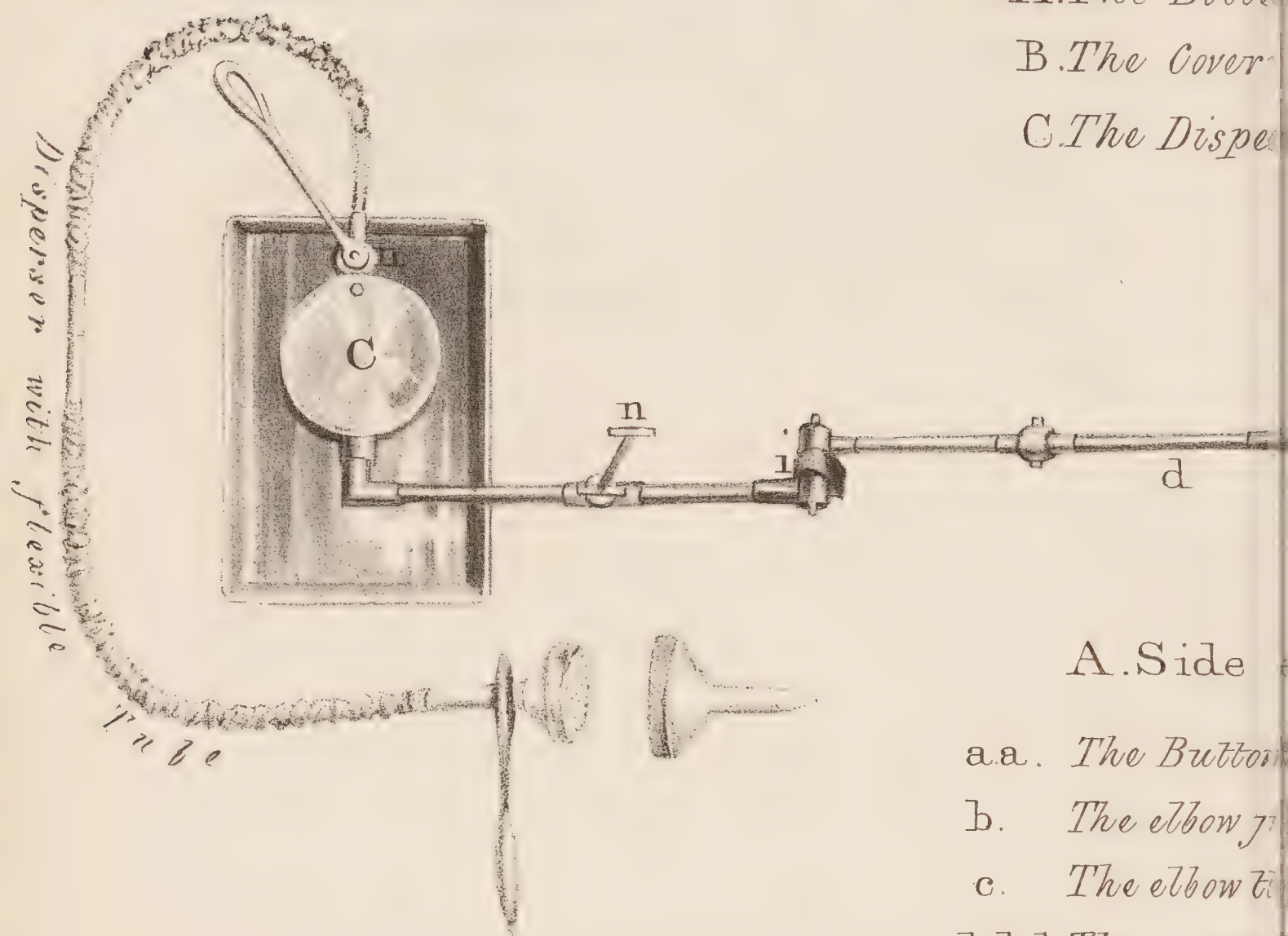
CAPTAIN JEKYLL'S PL

Looking Down

A. The Boil

B. The Cover

C. The Disper



a.a. The Button

b. The elbow j

c. The elbow to

d.d.d. The screw

i. The folding

m. The safety

n.n. Handles for

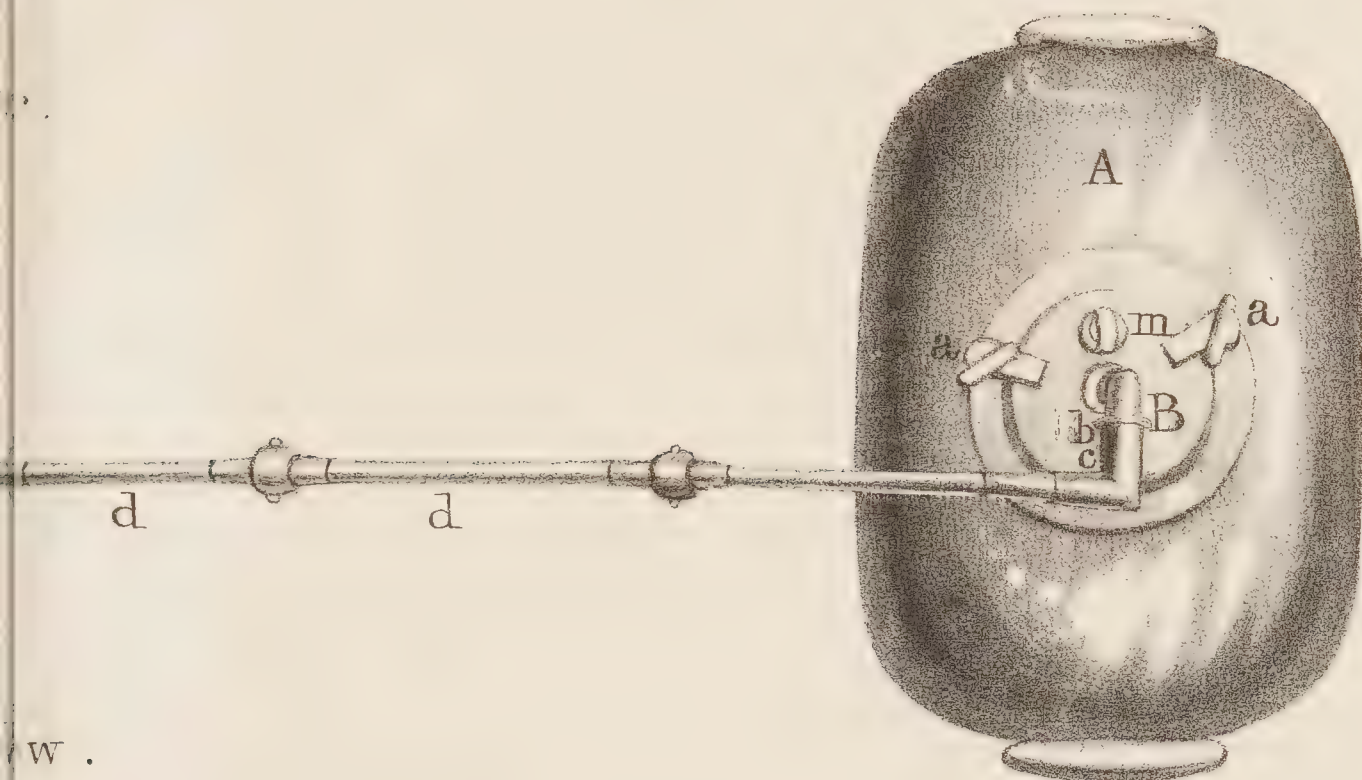


d. This set has screw joints as the n
ships &c some are made without screw

Screw the cover of the Disperser close down before the Bath
Disperser being bent.

WATER VAPOUR BATH.

on the Bath.



W.

screws that fasten the Cover down.

which fixes into the Cover.

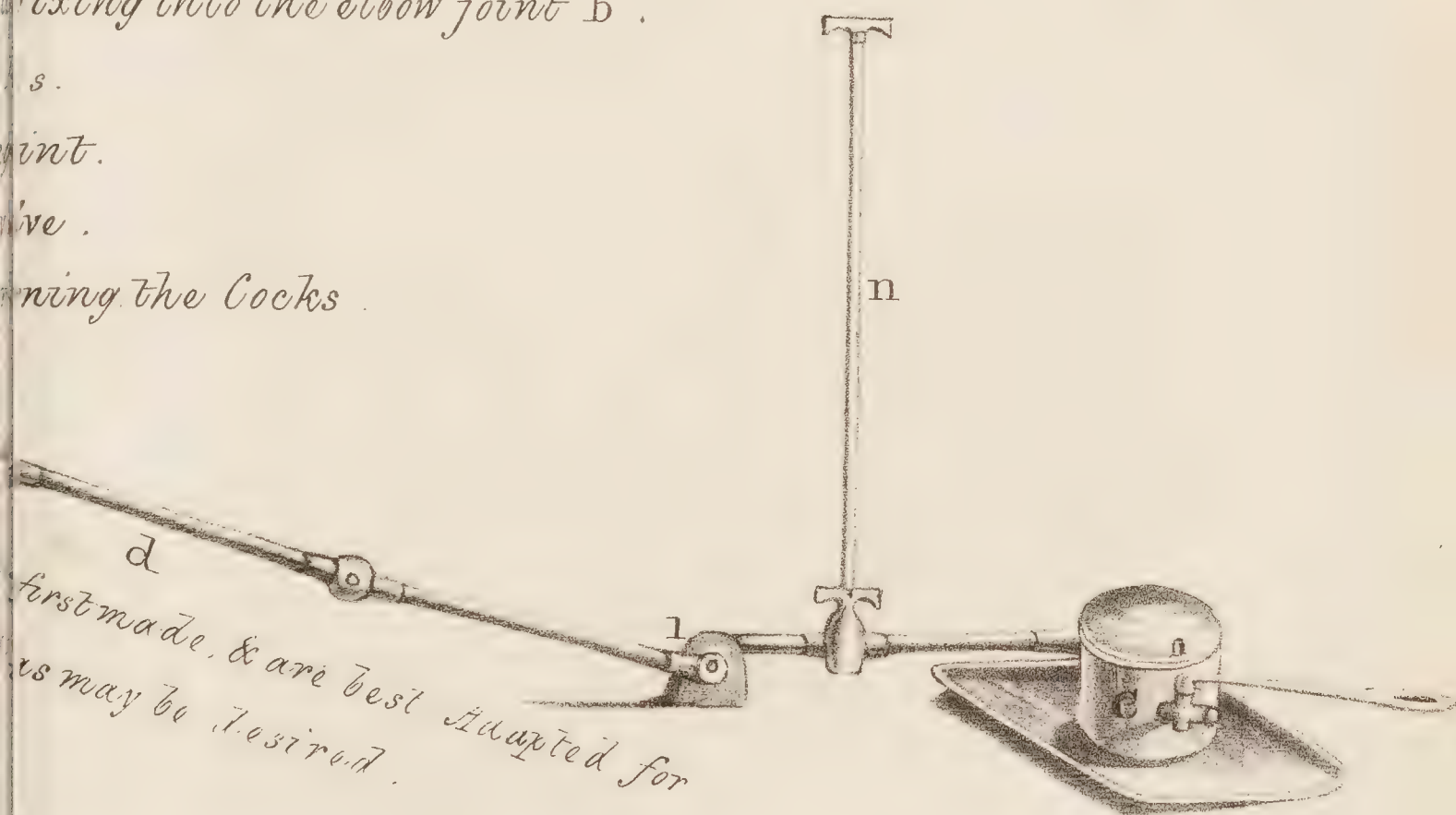
fixing into the elbow joint b.

s.

int.

ive.

ning the Cocks.



first made, & are best adapted for
as may be desired.

put together or taken apart, to prevent the screw of the

Directions for using

* Lay an oil'd cloth on the floor before the fire, and a coarse cloth to take up the condensed steam.

1. Put six quarts of water into the boiler A.

2. The cover B to be fixed by turning the buttons and screws a. a. to the right.

3. Put the short elbow joint b into the cover of the boiler turned towards the right.

4. Join the elbow tube c, and the plain tubes d. d.

5. Add the folding joint i.

6. The disperser C, the cover of which is to be raised about one turn, which will keep the feet about 20 degrees hotter than the body.

* A piece of painted Floor Cloth 1. Yard

About fifteen minutes is the usual time for remaining. Invalids should always consult their Medical Advisers.

Directions

1. Put a very warm

2. Take off the oil'd silk, the small flannel,

To take the

1. Put on a thick pair of Gloves.

2. Take out the safety valve m.

3. Take off the handles n. n. from the Cocks.

N B. The oil'd silk dress should be laid on chairs or a clothes line until it is quite dry. The oil'd silk dress will keep best by being hung

Botⁿ Jekyll's Vapour Bath.

- Put a tin dish under the disperser*
7. *Fix the handles to the cocks n. n.*
 8. *Put in the safety valve m.*
 9. *Place a common chair over the disperser.*
 10. *Put the stool before the chair, to rest the feet upon.*
 11. *Button the small calico or flannel behind the neck to keep the oiled silk from touching the shoulders or arms and knees.*
 12. *Throw over the oiled silk dress, & fasten the strings of the collar and the two top buttons; the other buttons may be used, but it will seldom be necessary.*

Long, 1 Yard Wide may be procured at any Upholsterers.

ing in the Bath, but this must vary according to circumstances, to the time, duration and frequency of taking the Bath.

er using the Bath.

Towel to the Chest.

calico dress, and rub dry as fast as possible.

ath asunder.

4. *Take off the disperser C. and tubes d d d.*

5. *Take the boiler A. from the fire, wipe it dry, and clean it.*

e &c to dry, and be wiped with a soft towel or sponge, and not folded up in a dry airy place when not in use, but not near a fire.

Captain Jekyll's Patent Portable Vapour Baths are manufactured and sold by C. MOYSE, 38, Warwick Street, Golden Square, London ;

And may be procured at Dr. KENTISH's Bath Institution, College Green, Bristol.

